

Executive Secretary
 Randy Johnson (cell) 701-870-1064
 1527 North 33rd Street Unit 4 (h) 701-870-1064
 Bismarck, ND 58501 (w) 701-870-1064
duck@westriv.com

Assistant Executive Secretary
 Scott Grochow (cell) 701-771-2709
 409 7th Avenue SE (h) 701-776-6854
 Rugby, ND 58368 (w) 701-776-5201
scott.grochow@k12.nd.us

Assistant Executive Secretary
 Bill Jansen (cell) 701-351-0844
 410 7th Avenue SE (h) 701-351-0844
 Rugby, ND 58368 (w) 701-776-5201
william.jansen@k12.nd.us

Membership Chairperson
 Eric Olson (cell) 701-730-2018
 121 Maplewood Drive (h) 701-678-6842
 Gwinner, ND 58040 (w) 701-678-2492
eric.olson@k12.nd.us

Assistant Executive Secretary – Dakota Coach
 Lisa Strand (cell) 218-779-3404
 1511 7th Avenue NE (h) 218-779-3404
 Thompson, ND 58278 (w) 701-599-2765
lisa.Strand@tps-k12.org



Website: www.ndhsca.com
 @ndhsca1
 Dual Member


President
 Jamie Zastoupil (cell) 701-730-5192
 736 Mustang Drive (h) 701-224-1231
 Bismarck, ND 58503 (w) 701-323-4900
Jamie_zastoupil@bismarckschools.org

President-Elect
 Mike Zier (cell) NA
 PO Box 353 (h) 701-872-3140
 Beach, ND 58621 (w) 701-872-4161
Mike.zier@k12.nd.us

Vice President
 Greg Brown (cell) 701-570-0554
 2507 – 6th Avenue NW (h) 701-570-0554
 Mandan, ND 58554 (w) 701-570-0554
gregory.brown@msd1.org

Immediate Past President
 Rick Anderson (cell) 701-789-1669
 1415 Roberts Avenue NE (h) 701-797-3199
 Cooperstown, ND 58425 (w) 701-797-3114
rick.anderson@k12.nd.us

Past President
 Ron Metz (cell) 701-471-5197
 4368 Pleasant Valley Rd S (h) 701-471-5197
 Mandan, ND 58554 (w) 701-323-4900
ron_metz@bismarckschools.org

2024 BOYS SWIMMING & DIVING ALL-STATE TEAM

FIRST TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Ryaan Alshami	12	Grand Forks Central/Red River	Brent Newman
Isaiah Ayers	9	West Fargo	Barb Fisher/Lisa Montplaisir
Avery Berg	11	Grand Forks Central/Red River	Brent Newman
Logan Bjerke	11	Grand Forks Central/Red River	Brent Newman
Ty Boutwell	12	Fargo North	Richard Fisher
Sam Eggl	11	Bismarck	Cale Schafer
Camden Ekblad-Lundby	11	Williston	Joe Kemp/Matthew Jorgenson
Isaac Elhard	8	West Fargo	Barb Fisher/Lisa Montplaisir
Brody Engelstad	10	West Fargo	Barb Fisher/Lisa Montplaisir
Logan Engelstad	7	West Fargo	Barb Fisher/Lisa Montplaisir
Drew Heckaman	10	Fargo South	Pat Anderson/Tyler Hetland
Logan Hill	11	Minot	Jake Solper
Aiden Johnson	12	Grand Forks Central/Red River	Brent Newman
Ben Jorgensen	12	Fargo North	Richard Fisher
Tolga Kilic	8	Dickinson	Samantha Bohl
Carter Larson	11	Minot	Jake Solper
Shain Louw	10	Dickinson	Samantha Bohl
Noah Mayer	11	Bismarck Legacy	Alex Lucy
Odin McAlister	12	West Fargo	Barb Fisher/Lisa Montplaisir
Ryder Myers	12	Fargo Davies	Jennifer Johnson
Ben Nasset	11	Bismarck Legacy	Alex Lucy
Blake Nelson	11	Bismarck	Cale Schafer
Jackson Rerick	12	Grand Forks Central/Red River	Brent Newman
Ty Ross	12	Minot	Jake Solper
Braxton Steele	11	Bismarck Legacy	Alex Lucy
Isaac Vallie	10	Bismarck Century	McKenzie Steckler
Bryce Vatnsdal	12	Bismarck	Cale Schafer
Haydn Vein	12	Fargo North	Richard Fisher
Garrett Wick	12	Bismarck	Cale Schafer

All Star Games Chairpersons

Optimists' Volleyball Co-Chair
 Tim Wallstrum (h) 701-385-3376
 PO Box 402 (w) 701-385-4996
 Kenmare, ND 58746 (f) 701-385-4390
twallstrum@mykps.us

Optimists' Volleyball Co-Chair
 Lisa Strand (cell) 218-779-3404
 1511 7th Ave NE (w) 701-599-2765
 Thompson, ND 58278 (f) 701-599-2819
Lisa.Strand@tps-k12.org

Lions' Basketball Co-Chair
 Michael Sorlie (h) 701-678-3823
 PO Box 5 (w) 701-678-2492
 Gwinner, ND 58040 (f) 701-678-2311
michael.sorlie@k12.nd.us

Lions' Basketball Co-Chair
 Mike Hendrickson (cell) 701-367-6546
 1408 57th Ave South(w) 701-446-2043
 Fargo, ND 58104 (f) 701-446-2899
hendrim@fargo.k12.nd.us

Shrine Football Chair
 Bill Lorenz (h) 701-795-7818
 1431 Chestnut St. (w) 701-746-2375
 Grand Forks, ND 58201 (f) 701-746-2387
wlorenz280@mygfschools.org

Executive Secretary
 Randy Johnson (cell) 701-870-1064
 1527 North 33rd Street Unit 4 (h) 701-870-1064
 Bismarck, ND 58501 (w) 701-870-1064
duck@westriv.com

Assistant Executive Secretary
 Scott Grochow (cell) 701-771-2709
 409 7th Avenue SE (h) 701-776-6854
 Rugby, ND 58368 (w) 701-776-5201
scott.grochow@k12.nd.us

Assistant Executive Secretary
 Bill Jansen (cell) 701-351-0844
 410 7th Avenue SE (h) 701-351-0844
 Rugby, ND 58368 (w) 701-776-5201
william.jansen@k12.nd.us

Membership Chairperson
 Eric Olson (cell) 701-730-2018
 121 Maplewood Drive (h) 701-678-6842
 Gwinner, ND 58040 (w) 701-678-2492
eric.olson@k12.nd.us

Assistant Executive Secretary – Dakota Coach
 Lisa Strand (cell) 218-779-3404
 1511 7th Avenue NE (h) 218-779-3404
 Thompson, ND 58278 (w) 701-599-2765
lisa.Strand@tps-k12.org



Website: www.ndhsca.com
 @ndhsca1
 Dual Member


President
 Jamie Zastoupil (cell) 701-730-5192
 736 Mustang Drive (h) 701-224-1231
 Bismarck, ND 58503 (w) 701-323-4900
Jamie_zastoupil@bismarckschools.org

President-Elect
 Mike Zier (cell) NA
 PO Box 353 (h) 701-872-3140
 Beach, ND 58621 (w) 701-872-4161
Mike.zier@k12.nd.us

Vice President
 Greg Brown (cell) 701-570-0554
 2507 – 6th Avenue NW (h) 701-570-0554
 Mandan, ND 58554 (w) 701-570-0554
gregory.brown@msd1.org

Immediate Past President
 Rick Anderson (cell) 701-789-1669
 1415 Roberts Avenue NE (h) 701-797-3199
 Cooperstown, ND 58425 (w) 701-797-3114
rick.anderson@k12.nd.us

Past President
 Ron Metz (cell) 701-471-5197
 4368 Pleasant Valley Rd S (h) 701-471-5197
 Mandan, ND 58554 (w) 701-323-4900
ron_metz@bismarckschools.org

SECOND TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Noah Ayers	11	West Fargo	Barb Fisher/Lisa Montplaisir
Matt Boen	12	Minot	Jake Solper
Andrew Edland	11	Bismarck Century	McKenzie Steckler
Kyler Eichmann	9	Fargo Davies	Jennifer Johnson
Bodi Haglund	11	Jamestown	Ben Smith
Zach Hanson	10	Jamestown	Ben Smith
Finn Moser	8	Jamestown	Ben Smith
Ben Schaff	11	Bismarck Century	McKenzie Steckler
Elliott Sjurseth	10	Fargo South	Pat Anderson/Tyler Hetland
Noah Zaidi	12	Bismarck	Cale Schafer
Jacob Roth	12	Minot	Jake Solper

NDHSCA POWERade Outstanding Senior Athlete - Haydn Vein, Fargo North

NDHSCA SUBWAY Coach of the Year - Barb Fisher/Lisa Montplaisir, West Fargo

All Star Games Chairpersons

Optimists' Volleyball Co-Chair
 Tim Wallstrum (h) 701-385-3376
 PO Box 402 (w) 701-385-4996
 Kenmare, ND 58746 (f) 701-385-4390
twallstrum@mykps.us

Optimists' Volleyball Co-Chair
 Lisa Strand (cell) 218-779-3404
 1511 7th Ave NE (w) 701-599-2765
 Thompson, ND 58278 (f) 701-599-2819
Lisa.Strand@tps-k12.org

Lions' Basketball Co-Chair
 Michael Sorlie (h) 701-678-3823
 PO Box 5 (w) 701-678-2492
 Gwinner, ND 58040 (f) 701-678-2311
michael.sorlie@k12.nd.us

Lions' Basketball Co-Chair
 Mike Hendrickson (cell) 701-367-6546
 1408 57th Ave South(w) 701-446-2043
 Fargo, ND 58104 (f) 701-446-2899
hendrim@fargo.k12.nd.us

Shrine Football Chair
 Bill Lorenz (h) 701-795-7818
 1431 Chestnut St. (w) 701-746-2375
 Grand Forks, ND 58201 (f) 701-746-2387
wlorenz280@mygfschools.org